

# Cycle of Insanity Worksheet

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**Step 2:** Came to believe that a Power greater than ourselves could restore us to sanity.

The wording of Step 2 implies an admission of our own insanity, which requires that we've properly worked through Step 1. Many have defined insanity as "doing the same thing over and over again and expecting different results."

1. How do you define and understand insanity?

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2. Write about the behaviors that prove insanity as it relates to your addiction, compulsion, attachment, or response to a loved one's addiction (use extra space as necessary):

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3. In what ways are you still practicing self-sufficiency in your daily life?

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4. "As dogs return to their vomit, so fools repeat their folly" (Prv 26:11). Make a list of moments when you've returned to old behaviors (control, dishonesty, acting out) under the belief that you've been "cured" of the consequences.

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5. Make a list of moments when God has given you a chance at redemption, describing how he has previously restored you to wholeness.

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